RESOURCES

Resources and Publications

RESOURCES AND PUBLICATIONS

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FEDERAL GOVERNMENT RESOURCES

Substance Abuse and Mental Health Services Administration (SAMHSA)
SAMHSA sponsors the National Mental Health Information Center, which provides a wide array of information on mental health to people, including users of mental health services and their families, the public, policymakers, providers, and the media.
www.mentalhealth.samhsa.gov
1-800-789-2647 (English/Spanish) or 866-889-2647 (TDD)

SAMHSA's Elimination of Barriers Initiative (EBI)
This is a 3-year initiative launched in September 2003 aimed at identifying effective public education approaches to counter the stigma and discrimination associated with mental illnesses. The Eliminating Barriers For Learning training package and other school-related materials are available through the EBI web site.
www.allmentalhealth.samhsa.gov

SAMHSA's Safe Schools/Healthy Students
The Safe Schools/Healthy Students Initiative is a grant program designed to develop real-world knowledge about what works best to reduce school violence. These services are designed to promote healthy childhood development, foster resilience, and prevent youth violence.
www.mentalhealth.samhsa.gov/safeschools/default.asp

SAMHSA's 15+ Make Time to Listen ... Take Time to Talk
The 15+ Make Time to Listen ... Take Time to Talk Campaign is based on the premise that parents who talk with their children about what is happening in their lives are better able to guide their children toward more positive, skill-enhancing activities and friendships. The campaign provides practical guidance for parents and caregivers on how to strengthen their relationship with their children by spending at least 15 minutes of daily, undivided time with them and focusing on them.
www.mentalhealth.samhsa.gov/15plus

SAMHSA's Caring for Every Child's Mental Health Campaign
The Campaign helps families, educators, health care providers, and young people recognize mental health problems and to seek or recommend appropriate services. It also strives to reduce the stigma associated with mental health problems.
www.mentalhealth.samhsa.gov/child

U.S. Office of Special Education Programs Technical Assistance Center on Positive Behavioral Interventions and Supports
The Technical Assistance Center on Positive Behavioral Interventions and Supports (PBIS) was established by the Office of Special Education Programs, US Department of Education to give schools capacity-building information and technical assistance for identifying, adapting, and sustaining effective schoolwide disciplinary practices.
www.pbis.org

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National Institute of Mental Health
NIMH is the lead Federal agency for research on mental and behavioral disorders. Its website includes information on mental illnesses for the general public.
www.nimh.nih.gov

ADDITIONAL RESOURCES

Following are some other resources that may be helpful. This list is not exhaustive, and inclusion does not imply endorsement by the Substance Abuse and Mental Health Services Administration or the U.S. Department of Health and Human Services.

General Mental Health Resources

National Alliance for the Mentally Ill
www.nami.org

National Mental Health Association
www.nmha.org

American Academy of Child and Adolescent Psychiatry
www.aacap.org

Prevention and Intervention Programs

GENERAL

Safeguarding Our Children: An Action Guide
This is a 61-page resource book designed to help local school and community leaders and parents choose the prevention measures that are appropriate for their settings.
http://cecp.air.org/guide/actionguide.htm

Center for Effective Collaboration and Practice
Supports and promotes a reoriented national preparedness to foster the development and the adjustment of children with or at risk of developing serious emotional disturbance.
www.air.org/cecp

Research and Training Center for Children's Mental Health
The Center's field research projects focus on enhancing understanding of policy as it pertains to improving outcomes for children with emotional disturbances and their families.
http://rtckids.fmhi.usf.edu

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Functional Behavioral Assessment

Functional behavioral assessment is generally considered to be a problem-solving process for addressing student problem behavior. It relies on a variety of techniques and strategies to identify the purposes of specific behavior and to help Individualized Education Plan (IEP) teams select interventions to address the problem behavior directly.[1]

Addressing Student Problem Behavior: Functional Behavioral Assessment

A series of working papers on developing and implementing functional behavioral assessments and behavior intervention plans. It is intended to be used by school personnel who participate in a student's IEP meetings.
www.air.org/cecp/fba/default.htm

Multimodal Functional Behavioral Assessment

Describes the process of conducting a Functional Behavioral Assessment and subsequently writing a Behavior Intervention Plan that is theoretically inclusive and naturally supportive of group problem-solving.
http://mfba.net

Positive Behavioral Interventions and Supports (PBIS)

Positive Behavioral Interventions and Supports (PBIS) is an application of a behaviorally based systems approach. It is based on research regarding behavior in the context of the settings where it occurs. Schools, families, and communities work with this approach to design effective environments to improve behavior. Such environmental interventions, in turn, serve to make problem behavior less effective, efficient, and relevant and desired behavior more functional. In addition, the use of culturally appropriate interventions is emphasized.[2]

School-Based Wraparound

Wraparound is a process of delivering services for children and their families that emphasizes the following values: community-based services and supports; individualized and strength-based planning; cultural competence; families as full partners; flexible funding and approaches to delivery; balanced community and conventional services; and a "no reject, no eject" policy of unconditional commitment.[3]

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[1] *Addressing Student Problem Behavior: Functional Behavioral Assessment.* The Center for Effective Collaboration and Practice, 1998. *www.air.org/cecp/fba/default.htm*

[2] "Positive Behavioral Interventions and Supports," U.S. Office of Special Education Programs Technical Assistance Center on Positive Behavioral Interventions and Supports. *www.pbis.org*

[3] Kendziora, K., Burns, E., Osher, D., Pacchiano, D., and Mejia, B. (2001) *Systems of Care: Promising Practices in Children's Mental Health—Wraparound: Stories from the Field,* 2001 Series (Vol.1) Washington, D.C.: Center for Effective Collaboration and Practice, American Institutes of Research. *http://media.shs.net/ken/pdf/2001Monographs/AIR_Monograph.pdf*

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Center for Effective Collaboration and Practices: Wraparound
Here you can find resources related to Wraparound Planning, including article citations, an online discussion, links, and training and presentation materials. www.air.org/cecp/wraparound/default.htm

Promising Practices in Wraparound for Children With Serious Emotional Disturbance and Their Families
This monograph was developed with the support of the Child, Adolescent, and Family Branch of the Center for Mental Health Services as part of an effort to increase understanding about the status of wraparound as a relatively new and innovative approach within a system of care.
www.mentalhealth.samhsa.gov/cmhs/ChildrensCampaign/1998execsum4.asp

Systems of Care: Promising Practices in Children's Mental Health—Wraparound: Stories from the Field, 2001 Series (Vol.1)
This booklet uses the stories of 6 families to explore the conviction among providers, advocates, and families that Wraparound is better, cheaper, and more humane than conventional service delivery processes for families of children with serious emotional disturbance.
http://media.shs.net/ken/pdf/2001Monographs/AIR_Monograph.pdf

Multisystemic Therapy

Multisystemic Therapy (MST) is an intensive family- and community-based treatment that addresses the multiple determinants of serious antisocial behavior in juvenile offenders. The multisystemic approach views individuals as being nested within a complex network of interconnected systems that encompass individual, family, and extrafamilial (peer, school, neighborhood) factors. Intervention may be necessary in any one or a combination of these systems.[4]

MST Services
This web site provides an introduction to Multisystemic Therapy and the qualifying factors for its successful implementation.
www.mstservices.com

Multidimensional Treatment Foster Care (MTFC)

Multidimensional Treatment Foster Care (MTFC) is a cost effective alternative to group or residential treatment, incarceration, and hospitalization for adolescents who have problems with chronic antisocial behavior, emotional disturbance, and delinquency. Community families are recruited, trained, and closely supervised to

[4] "Multisystemic Therapy Treatment Model," MST Services, *www.mstservices.com/text/ treatment.html*

[5] Blueprints for Violence Prevention, Center for the Study and Prevention of Violence, Institute of Behavioral Science, University of Colorado at Boulder. *www.colorado.edu/cspv/blueprints/model/ programs/MTFC.html*

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provide MTFC-placed adolescents with treatment and intensive supervision at home, in school, and in the community; clear and consistent limits with follow-through on consequences; positive reinforcement for appropriate behavior; a relationship with a mentoring adult; and separation from delinquent peers.[5]

Treatment Foster Care (TFC)
A summary of TFC provided by Strengthening America's Families, a joint program of the Office of Juvenile Justice and Delinquency Prevention (OJJDP) and the Substance Abuse and Mental Health Services Administration (SAMHSA).
www.strengtheningfamilies.org/html/programs_1999/07_TFC.html

Multidimensional Treatment Foster Care, Maryland Blueprints
A fact sheet about MTFC from Maryland Blueprints, a Web site designed to help Maryland community planning groups select youth-focused prevention programs.
*www.marylandblueprints.org/blueprints/programs/
Multidimensional%20Treatment%20Foster%20Care.pdf*

Blueprints for Violence Prevention
The Center for the Study and Prevention of Violence (CSPV), at the University of Colorado at Boulder launched Blueprints for Violence Prevention to identify violence prevention programs that are effective. The project has identified 11 prevention and intervention programs, including MTFC, that meet a strict scientific standard of program effectiveness.
www.colorado.edu/cspv/blueprints/model/programs/MTFC.html

Positive Classroom Climate and Instructional Techniques

General

Teaching and Working With Children Who Have Emotional and Behavioral Challenges
This comprehensive resource—based on research funded by the U.S. Department of Education—is designed to help educate students with emotional and behavioral difficulties. Parents can also use this guidebook to learn how to address their children's needs and to work effectively with the educators in their children's lives.
www.air.org/cecp/teachingchildren.htm

Safe, Supportive, and Successful Schools Step by Step
This product offers descriptions, data, and contact information for thirty programs that are currently operating in schools across the nation.
www.sopriswest.com/swstore/product.asp?sku=872

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Social and Emotional Learning (SEL)

Social and emotional learning (SEL) refers to knowledge, habits, skills and ideals that are at the heart of a child's academic, personal, social, and civic development ... This type of learning enables individuals to recognize and manage emotions, develop caring and concern for others, make responsible decisions, establish and maintain positive relationships, and handle challenging situations effectively.[6]

The Collaborative for Academic, Social, and Emotional Learning (CASEL)
CASEL enhances children's success in school and life by promoting coordinated, evidence-based social, emotional, and academic learning as an essential part of education from preschool though high school.
www.casel.org

Safe and Sound: An Education Leader's Guide to Evidence-Based Social and Emotional Learning (SEL) Programs
Based on a three-year study funded by the Institute of Education Sciences (IES) and the Office of Safe and Drug-Free Schools (OSDFS) in the U.S. Department of Education, *Safe and Sound* provides a road map for schools and districts that are launching or adding social, emotional, and academic learning programs.
www.casel.org/projects_products/safeandsound.php

Research and Technical Assistance

Arthur, M. W., Hawkins, J. D., Pollard, J.A., Catalano, R.F., & Baglioni, A.J. Jr. (2002). Measuring risk and protective factors for substance use, delinquency, and other adolescent problem behaviors. The Communities That Care Youth Survey. Eval Rev. 26(6):575-601.

King, Keith A. Developing a Comprehensive School Suicide Prevention Program. (2001). *Journal of School Health,* Vol 71, No. 4, pp. 132-137.

National Longitudinal Transition Study
The NLTS describes the experiences and outcomes of youth with disabilities nationally during secondary school and early adulthood.
www.sri.com/policy/cehs/publications/dispub/nlts/nltssum.html

National Agenda for Achieving Better Results for Children and Youth With Serious Emotional Disturbance: The Problem
A set of statistics about secondary school outcomes for children with serious emotional disturbances, published by the U.S. Department of Education.
http://cecp.air.org/resources/ntlagend.html#problem

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[6] "What is SEL?" The Collaborative for Academic, Social, and Emotional Learning, *www.casel.org*

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Center for School Mental Health Assistance
csmha.umaryland.edu

Federation of Families for Children's Mental Health
www.ffcmh.org

National Mental Health and Education Center
www.naspweb.org/center

Research and Training Center on Family Support and Children's Mental Health
www.rtc.pdx.edu

UCLA School Mental Health Project
smhp.psych.ucla.edu

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Systems of Care Partners

In a system of care, mental health, education, child welfare, juvenile justice, and other agencies work together to ensure that children with mental, emotional, and behavioral problems and their families have access to the services and supports they need to succeed.[7]

CALIFORNIA

Contra Costa County—Spirit of Caring
Rich Weisgal, M.F.T.
Project Director
2425 Bisso Lane, Suite 280
Concord, CA 94520
Phone: 925-646-5120
E-mail: Rweisgal@hsd.co.contra-costa.ca.us

Kathy Davison
Parent Partner/Family Involvement
Co-Director
2400 Sycamore Drive, #33
Antioch, CA 94509
Phone: 925-427-8664
Fax: 925-427-8645
E-mail: *kdavison@hsd.co.contra-costa.ca.us*

Glenn County
Michael Cassetta
Principal Investigator
Director of Health Services
Glenn County Health Services
242 North Villa Avenue
Willows, CA 95988
Phone: 530-934-6582
Fax: 530-934-6592

[7]Systems of Care: A Promising Solution for Children With Serious Emotional Disturbances and Their Families. Center for Mental Health Services, 1998. *www.mentalhealth.samhsa.gov/publications/allpubs/ Ca-0030/default.asp*

Humboldt and Del Norte Counties—Wraparound System of Care

United Indian Health Services, Inc.
Potawot Health Village
1600 Weeot Way
Arcata, CA 95521
Phone: 707-825-5000

Ken Blackshear
Principal Investigator/Director of the Child and Family Services Department
Phone: 707-825-4120
Fax: 707-825-6753

San Diego—Heartbeat Partnership

San Diego Children's Mental Health Services
3851 Rosencrans Street
San Diego, CA 92110
Phone: 619-692-5577
Fax: 619-692-8674

Rosa-Ana Lozada-Garcia
Project Director
Phone: 619-542-4066
E-mail: *rlozadahe@co.san-diego.ca.us*

FLORIDA

One Community—Working Together For Our Children

Michael Elwell, M.S.W.
Principal Investigator
Broward County Children's Services Administration
115 South Andrews Avenue, Room A360
Fort Lauderdale, FL 33301
Phone: 954-357-7880
Fax: 954-468-3591
E-mail: *melwell@broward.org*

Donna Sogegian, M.S.W.
Program Director
Broward County Children's Services Administration
115 South Andrews Avenue, Room A360
Fort Lauderdale, FL 33301
Phone: 954-357-7880
Fax: 954-468-3591

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Tampa-Hillsborough County—The Tampa-Hillsborough County Integrated Network for Kids (THINK)

Amelia T. Petrila
Project Director
Tampa-Hillsborough Integrated Network for Kids (THINK)
Children's Board of Hillsborough County
Phone: 813-229-2884
E-mail: *apetrila@childrensboard.org*

West Palm Beach Family Helping Organize Partnerships for Empowerment (HOPE)

Family HOPE
2328 10th Avenue North, 5th Floor
Lake Worth, FL 33461
Phone: 561-533-9845
Fax: 561-533-9487

Camille Franzoni
Principal Investigator/ADM Program Supervisor
Florida Department of Children and Families
Phone: 561-540-5660
Fax: 561-540-5677

MASSACHUSETTS

Worcester County—Worcester Communities of Care

Worcester Communities of Care
Commonwealth Medicine
275 A Belmont Street
Worcester, MA 01604
Phone: 508-856-5242
Fax: 508-856-1378

Sue Hannigan
Project Director
Phone: 508-856-5453
E-mail: *suzanne.hannigan@umassmed.edu*

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North Carolina

North Carolina System of Care Network (SOCNet)

Terri Grant
State System of Care Project Manager
Division of Mental Health/Developmental Disabilities/Substance Abuse Services
Community Policy Management Section/Prevention & Early Intervention
3021 Mail Service Center
Raleigh, NC 27699-3021
Phone: 919-715-1940
Fax: 919-715-2360
E-Mail: Terri.Grant@ncmail.net

Ohio

Stark County Family Alliance

Carol Lichtenwalter
Director
800 Market Ave North, Suite 1600
Canton, OH 44702-1075
Phone: 330-455-1225
Fax: 330-455-2026
E-mail: *carol@starkfamilycouncil.org*

Pennsylvania

Allegheny County—Community Connections for Families

Gwen White
Site Director
Office of Behavioral Health, Bureau of Children and Adolescent Services
304 Wood Street, 3rd Floor
Pittsburgh, PA 15222-1900
Phone: 412-350-4944
Fax: 412-350-3458
E-mail: *gwhite@dhs.county.allegheny.pa.us*

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Texas

Austin—The Travis County Children's Mental Health Partnership

Texas Health and Human Services Commission
P.O. Box 13247
Austin, TX 78711-3247

The Children's Partnership
 P.O. Box 40278
Austin, TX 78704
Web site: *www.childrenspartnership.com*

Project Director
Phone: 512-804-3160
Cell: 512-507-9598
E-mail: *luanne.southern@atcmhmr.com or southerns@prodigy.net*

City of Fort Worth Texas—Children's Voices, Family Choices, Community Solutions: Building Blocks for Healthy Families

Letha Aycock
Program Director
City of Fort Worth Public Health Department
1800 University Street
Fort Worth, TX 76107
Phone: 817-871-7204
Fax: 817-871-7335
E-mail: *aycockl@ci.fort-worth.tx.us*

Wisconsin

Northwoods Alliance

Connie O'Heron, Ph.D.
Project Director
1100 Lake View Drive
Wausau, WI 54403
Phone: 715-848-4500
Fax: 715-848-2362

Source: Child Adolescent & Family Grant Communities, Center for Mental Health Services; *www.mentalhealth.samhsa.gov/cmhs/childrenscampaign/grantcomm.asp*

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